

## The Healthy Aging for Women Collaborative

# Mind Body Spirit

*Enhancing Women's Resilience to  
Stress and Depression  
as they Age*

Understanding the Mind/Body/Spirit connection

- ♦ Exploring key social factors to optimize mental health and wellbeing among women as they age in Los Angeles County.
- ♦ Discussing the effects of depression on chronic disease and aging among women in Los Angeles County.
- ♦ Overcoming barriers to prevention and early intervention of depression among women in Los Angeles County.

**For Los Angeles Community Leaders and Providers**

**November 16, 2011**

**8:15 am—12:00 pm**

**Breakfast and networking from 7:30—8:15**

**The California Endowment 1000 Alameda Street, Los Angeles, CA 90012**

**Registration information to follow**



S  
A  
V  
E  
  
T  
H  
E  
  
D  
A  
T  
E